

May is Mental Health Month 2015

Calendar of Events



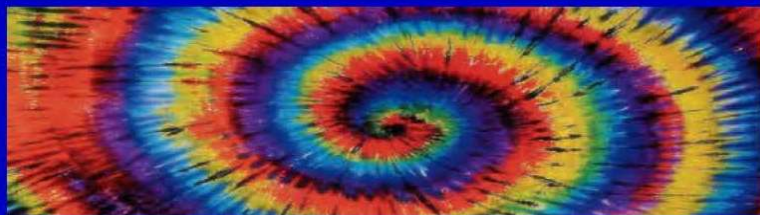
2015 Theme for Mental Health Month: “No Health Without Behavioral Health”

◀ Apr 2015

~ May 2015 ~

Jun 2015 ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				30 QPR Suicide Training	1 Youth Mental Health First Aid Class	2 NAMI Walk/HHSA Expo Liberty Station – 7:30 am
3	4 Children's Mental Health Awareness Week	5	6	7 Children's Mental Health Day	8	9 CAHM Forum – CSU San Marcos – 8:00 am
10	11	12	13 Latino Bullying Class MH First Aid-Youth	14	15 Bike to Work Day	16 “TFC Well Recovery 5K” Escondido – 8:00 am
17	18	19	20	21	22	23 20th Indian Health Wellness Gathering
24 20th Indian Health Wellness Gathering	25	26 NAMI Event: Malcolm X Library, Valencia Park 6:00 – 7:30 pm	27	28	29 Behavioral Health Recognition Dinner 6 pm	30 LWSD 5K Walk 6:30 am MH First Aid - Adult
31	Notes: See detailed information on reverse side.					



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April 30: Free! [QPR Suicide Prevention Training](#) (1 Hour), 10:00 am or 12:00 pm or 5:00 pm, Malcolm X Library, 5148 Market Street, San Diego, CA 92114, Contact: Lora Cayanan at (858) 609-7971 or lcayanan@sdchip.org.

May 1: Free! [Youth Mental Health First Aid Training](#) (8 hours), 8:30 am – 5:00 pm, NAMI San Diego, 5095 Murphy Canyon Road, Suite 320, San Diego, CA 92123. To register contact Shine Wang at (619) 641-6355 or at shine.wang@optum.com.

May 2: Free! 11th [NAMI 5K Walk/HHSA Expo](#), 7:30 am-12:30 pm, NTC Park, Liberty Station 2455 Cushing Road, San Diego, CA 92106, featuring huge resource fair, art exhibit, live multi-cultural entertainment, children's activities, Veteran's zone.

May 3-9: Children's Mental Health Awareness Week

May 9: Free! [Community Alliance for Healthy Minds Forum and Resource Fair](#): "From Hopelessness to Hope & Healing," 8:00 am—3:00 pm, California State University, San Marcos, 333 South Twin Oaks Valley Road, San Marcos, CA 92078, Conference, Exhibitor/Arts Fair.

May 13: [Mental Health First Aid](#) 8:00 am – 12:00 pm (Part 1), First United Methodist Church, 341 S. Kalmia Street, Escondido, CA 92025, Register: rmorrison@mhasd.org with training code. Part 2 of course is May 20, 2015 from 8:00 am – 12:00 pm.

May 13: Free! [Latino Networking Consortium](#) hosts "Addressing Bullying in the LGBTIQ Latino Youth Community" at Paradise Valley Hospital, 2400 E. 4th St (Cafeteria Conf Rm) National City, CA 91950, 5:30 Registration, 6:00 – 8:00 pm Program. Light refreshments provided. RSVP DanielLNC2014@gmail.com

May 16: Free! [The Fellowship Center's 5K Walk for Recovery & Wellness Fair](#), 8 am – 2 pm, 737 East Grand, Escondido, CA, Healthy BBQ, Workshops

May 23-24: Free! [Dreamweaver Consortium, 20th Traditional Indian Health Gathering, Honoring Culture & Wellness](#), Pala Rey Youth Camp, 5 miles east of I-15, Pala, California, 92059, Lunch and dinner are provided, together with youth activities, crafts, health screenings, drum groups, bear dancers and bird singers. For information, please call (760) 749-1410.

May 26: The Expressive Arts In Recovery, 6:00 -7:30 pm, Valencia Park / Malcolm X Branch Library, 5148 Market Street, San Diego, CA 92114

May 29: [Behavioral Health Recognition Dinner](#), 5:30 pm—9:00 pm, San Diego Marriott Mission Valley, 8757 Rio San Diego Drive, San Diego, CA 92108, \$49 per ticket. Email alain.azcona@aurorabehavioral.com for information.

May 30: [Live Well San Diego 5K Walk](#), 6:30 am. NTC Park at Liberty Station, 2455 Cushing Road, San Diego, CA 92106, \$25 Walk Fee includes: T-shirt, Resource Fair, Entertainment, Children's Games, Activities, Food Court.

May 30: [Mental Health First Aid](#) - Adult 8:30 am – 4:30 pm, First United Methodist Church, 341 S. Kalmia Street, Escondido, CA 92025, Register: rmorrison@mhasd.org with training code.